APPENDIX A (clean version of Claims 1, 15, 16 and 25)

1. (Amended) A liquid composition which is polymerizable, by means of radical polymerization with low shrinkage, into organic glasses, comprising the product obtained from the transesterification of a diallylcarbonate (A) with a mixture of one or more linear or branched aliphatic diols (B), containing from three to ten carbon atoms in the molecule with a linear or branched aliphatic polyol (C), containing from four to twenty carbon atoms and from three to six hydroxyl groups in the molecule, wherein the molar ratio (A) / (B + C) ranges from 2.5/1 to 4/1 and the quantity of (C) in the mixture (B+C) ranges from 5% by weight to 20% by weight with respect to the total weight of said mixture (B+C).

- 15. (Twice Amended) The composition according to Claim 1, wherein one or more conventional additives are present, selected from the group consisting of oxidation, light and heat stabilizers, lubricants, dyes, pigments, UV-absorbers, and IR-absorbers, in a total quantity however not exceeding 1 part by weight for every 100 parts by weight of the compositions themselves.
- 16. (Twice Amended) The composition according to Claim 1, wherein one or more polymerization initiators are present, which are soluble in the composition itself and generate free radicals within a temperature range of 30°C to 120°C.

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25. (Amended) A process for manufacturing optical lenses from a liquid composition which is polymerizable, by means of radical polymerization with low sarinkage, into organic glasses, said composition comprising the product obtained from the transesterification of a diallylcarbonate (A) with a mixture of one or more linear or branched aliphatic diols (B), containing from three to ten carbon atoms in the molecule with a linear or branched aliphatic polyol (c), containing from four to twenty carbon atoms and from three to six hydroxyl groups in the molecule, wherein the molar ratio (A) / (B+C) ranges from 2.5/1 to 4/1 and the quantity of (C) in the mixture (B+C) ranges from 5% by weight to 20% by weight with respect to the total weight of said mixture (B+C), said process being a casting technique comprising pouring said composition containing a free radical polymerization inhibitor into the cavity of a mould and polymerizing the composition by means of a thermal treatment.